



Train and Ground Travel Checklist

Brought to you by Life & Luggage with CLL

Travel Light, Carry Love, Keep the Rhythm

Before You Book / Prep Work

- Check train timetables, seat options, and baggage rules
- Reserve tickets in advance (esp. Eurail, ICE, scenic routes)
- Download/train apps or print tickets & seat reservations
- Check accessibility needs
(elevators, ramps, boarding assistance)
- Note transfer stations & layover times

Documents & Tickets

- Printed tickets or mobile QR codes
- ID / passport (required for some international routes)
- Rail passes (Eurail, Deutsche Bahn, Amtrak)
- Discount cards or loyalty programs
- Emergency contacts & itinerary

Luggage & Gear

- Rolling suitcase that fits overhead or end racks
- Daypack / personal item for essentials
- Luggage tag with name & contact info
- Compression cubes for organization
- Bag locks or straps (especially for overnight trains)
- Earplugs & eye mask (if sleeping onboard)

Overnight or Long-Haul Train Add-Ons

- Sleep kit (eye mask, earplugs, neck pillow)
- Toothbrush & wipes for morning refresh
- Extra snacks & water
- Change of clothes or PJs
- Secure valuables inside your pillow or under your head





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Know the stop before yours — some conductors don't wake you



Comfort & Onboard Essentials

- Layered clothing (trains can swing from sauna to tundra)
- Travel pillow or scarf
- Snacks & refillable water bottle
- Wet wipes / hand sanitizer
- Tissues & toilet seat covers
- Reading / entertainment (downloaded content for dead zones)
- Power bank + charging cables
- Small trash bag or Ziploc



Travel Day Tips

- Arrive 20–30 min early (some stations are labyrinths)
- Check platform boards often — they change suddenly in Europe
- Keep ticket/ID handy for onboard checks
- Stow luggage in line of sight when possible
- If solo: choose a seat near families or couples for safety
- For scenic trains: pick a window seat on the best side of the route
- Stay alert at transfer stops, especially with short layovers



Oscar's Travel Note

"If the train seats look suspiciously plush, they probably recline into stealth beds. Investigate immediately. Also, claim the window seat." — Oscar the Zen Cat

